The Magnitude of the Solution

Building Self-Healing Communities
The Issues are Complex

Historical Trauma
Intergenerational Adversity
ACE Accumulation
Sensitive Developmental Periods
Progression of Adversity Through Life
Public and Private Costs
Community Variation
Resources are Finite

We need solutions that address the complexity of problems ... and foster measurable change in different community environments at modest costs.
To have impact on population level well-being, across an entire state, with limited resources, we focus on a cluster of interrelated issues that impact families, children, and communities.
Parent ACE Scores Predict Child ACE Scores

Children of Parents with ACE Scores ≥4, are:

1. 6.3x more likely to experience household substance abuse
2. 10.4x more likely to experience homelessness
3. 12.7x more likely to experience neglect
4. 44x more likely to be exposed to intimate partner violence

Community Capacity Building

A public health approach to solving interrelated problems by improving people’s connections, their shared responsibility, and the collective impacts of their efforts.
Dr. John Snow 1854

Cholera Death is Caused by Miasmas

1. New Way of Thinking

2. Shoe Leather Epidemiology

3. Lives Saved
“Nurturing the healthy development of these protective systems affords the most important preparation or ‘inoculation’ for overcoming potential threats and adversities in human development. Similarly, damage or destruction of these systems has dire consequences for the positive adaptive capacity of individuals.”

Ann Masten, 2009
Strengthen Healthy Networks

When we come together, we can find strengths and act upon them.

Conversations that matter build social networks. Social networks promote health & safety.
Successful Journey for Child Safety

In this place:
- History of natural disasters
- History of assault on way of life
- Historical trauma affects large portion of population
- High ACE prevalence – bi-modal split in scores
- Stunning success for a small investment
Call To Action

WAIT
All of us know...
Strategy Layering Over Time

Planning, Purchased Services, Coordination, Colocation

8-10 Years
Strategy Layering Over Time

+ Public Education, Professional Development, Population-Specific Strategy

Planning, Purchased Services, Coordination
Strategy Layering Over Time

+ Cross-training for Relationship-Based Pros, Discipline-Specific Strategy, Parent Leaders; Neighborhood Specific Efforts in High 911 Call Areas

- Planning, Purchased Services, Coordination
- Public Education, Professional Development, Population-Specific Strategy
Turning Point

“Improve parent skills so parents can give sound advice and be good mentors to their children, and, in turn will gain skills and relationships to give sound advice to the community – and that advice will make a better system of help for them and for other families.”
Planning, Purchased Services, Coordination

+ Public Education, Professional Development, Population-Specific Strategy

+ Cross-training for Relationship-Based Pros, Discipline-Specific Strategy, Parent Leaders; Neighborhood Specific Efforts in High 911 Call Areas

+ Networking Café, Learning Field Trips, Business/Community ‘Together We Can’ Events, Time Bank, Transportation Collaborative, Listening Dialogues

Strategy Layering Over Time
Infant Mortality 1998-2006

Difference in slopes p=0.043

Fileings for Juvenile Offenses 1998-2006

Difference in slopes p=0.000
Self-Healing Communities produce safe, stable nurturing relationships & environments

1. **Leadership**: expanding opportunities.

2. **Focus**: Coming together to discuss and understand matters of local importance.

3. **Learning**: together.

4. **Results**: Shared times and venues for reflection and decision making, honest appraisal: are we helping, or are we hurting?
CULTURE MATTERS:

“Direct service programs can't solve widespread, complex, intergenerational social problems. Culture-change can, and at a fraction of the cost.”

Dr. Kim Martin, in Building Self Healing Communities, RWJ, in press
A Trauma-Informed Approach

- **Realizing** prevalence
- **Recognizing** how it affects all individuals: customers, professionals, neighbors
- **Resisting re-traumatization**
- **Responding** by telling everyone, acting in own sphere of influence
Train the Trainer

• Fidelity to the Science
• Common Language
• Common Meaning
• Tailored to Audience
• Widely Tested
• Delivers Understanding, Compassion, Motivation to Act
Results Oriented Decision Making: Data

Not Safe at Home  Not Welcome at School

Among Adjudicated Youth with High ACE Scores, 85% were first suspended from school in second grade.
Prevention & Health Promotion

- Self Management & Care; e.g.: self regulation, executive skill building, sleep, narrative
- Trauma-Informed Practice; e.g.: Community Health Workers, Social Workers, Clinical psychologists, Primary Care Providers, Etc.
- Community Context
Beyond Resilience... Flourish

To Flourish: “To Prosper with Sustained, Continuous, Steady, Strong Growing Well”
“Restoring relationships and community is central to restoring well-being”

- Language gives us the power to change ourselves and others by communicating our experiences and finding common meaning.
- We have the ability to regulate our own physiology with basic activities: breathing, moving, touching, tuning to others.
- We can change social conditions and create environments where people can feel safe and thrive.

Van der Kolk, 2014, The Body Keeps the Score, p. 38
Building Self-Healing Communities

Population Affected by ACEs

Community Services

Other Special Services

Education System

Justice System

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